

VIRTUOSO LIFE

TRAVEL CATALOG | MAY 2019

Wellness Escapes



Find Your Bliss

Journeys for Mind, Body, and Soul

The Oberoi Sukhvilas Spa Resort in India.



**Whirlpool serenity
at California's Park Hyatt
Aviara Resort, Golf Club & Spa.**

Our **A to Z** Feel-Good Guide

A collection of blissful vacation pursuits.

Sign us up for that full-body massage or invigorating facial, but when it comes to wellness, there are so many more relaxing, indulgent, and life-changing experiences waiting to be enjoyed at a spa. Wellness is anything that fuels the mind, body, or soul, and dozens of Virtuoso hotels, tour operators, cruise lines, and destinations specialize in travel of this feel-good variety. Browse our glossary to find inspiration for your next wellness getaway – who knows, you might just fall in love with forest bathing.

– Elaine Glusac

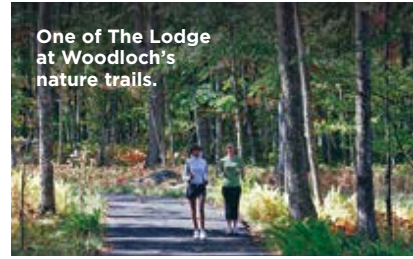
Essential-Oil Blending

The use of a plant-extracted oil mixture in spa treatments, such as massages. Several spas offer custom apothecary blending.

TRY IT: Between paddleboarding at sunrise and saluting sundown in yoga class, guests can create their own massage oils (featuring local botanicals) at the 301-room **Andaz Maui at Wailea Resort**. • An herb-filled apothecary, where healers known as *manos santas* create custom massage oils, greets spa guests in the garden setting of Spa Botánico at the 115-room **Dorado Beach, a Ritz-Carlton Reserve** in Puerto Rico.



A little outdoor rest and relaxation at Dorado Beach's Spa Botánico.



One of The Lodge at Woodloch's nature trails.

Forest Bathing

From the Japanese term *shinrin-yoku* – “taking in the forest atmosphere” – forest bathing is the practice of immersing oneself in nature. It can result in health benefits such as reduced stress and improved mood.

TRY IT: Guides stop to examine wildflowers, river stones, and leaf patterns on mindful forest-bathing walks in the woods at the 4,200-acre, 68-room **Blackberry Farm** in Tennessee's Great Smoky Mountains. • In Pennsylvania, the 58-room **Lodge at Woodloch** offers contemplative walks that focus on breathing and awareness of the beauty of nature.

Good Night's Sleep

Sleep therapy involves learning how to switch off distractions and enjoy a restful slumber. It promotes healthy weight loss and stress reduction.

TRY IT: The Sleep with Six Senses program at Portugal's 60-room **Six Senses Douro Valley** (and available at other Six Senses Hotels, Resorts, and Spas worldwide) diagnoses insomnia patterns, tracks sleep with an app, and provides rest-promoting amenities, such as organic bedding and eye masks.

• The 212 rooms at the **Equinox Hotel, NYC**, which opens in June, are designed to promote deep sleep amid the frenzy of Manhattan with thermostats set at temperatures that induce sleep and super-luxe mattresses.



Sleep amenities courtesy of Six Senses Douro Valley.



Medicinal herbs for treatments during Schloss Elmau's Turtle Spa Concept program.

Holistic Healing

A treatment plan that addresses the complete person – mind, body, and spirit – in the pursuit of optimal wellness.

TRY IT: At the 162-room **Schloss Elmau Luxury Spa, Retreat & Cultural Hideaway** in Germany's Bavarian Alps, the multiday Turtle Spa Concept program incorporates traditional Chinese medicine while addressing exercise, nutrition, and the immune system.

• Guests of the 87-room **Rancho La Puerta Fitness Resort & Spa** in Tecate, Mexico, can choose from more than 50 exercise classes offered every day, plus mindfulness sessions, art workshops, cooking classes, and treatments in Ayurveda, acupuncture, and more.

Mii amo pays homage to its location by incorporating Native American traditions into treatments.



Indigenous Treatments

Spa treatments that honor the holistic traditions of Native Americans and pay respect to nature and the cycle of the seasons.

TRY IT: Nestled in the red rocks of Sedona's Boynton Canyon, **Mii amo**, a 16-room destination spa, offers Native American-inspired practices, such as guided imagery, which advances self-awareness and clarifies intentions. • At California's 24-room **Casa Palmero at Pebble Beach Resorts**, the Spa at Pebble Beach offers Native American cleansing ceremonies that use local white sage and elderberry.

Jogging

The act of running at a gentle pace, which can offer cardiovascular benefits, improve mood, and provide physical conditioning.

TRY IT: Join locals for a jog along **Vancouver, British Columbia's** 5.5-mile Stanley Park seawall, which immerses



travelers in a scenic part of the city where rain forest meets ocean. • Switzerland's **Dolder Grand** offers four self-guided or trainer-led jogging tours through Zürich, where guests lope past sights that include the famed Bahnhofstrasse and the National Museum of Zürich.

Life Skills

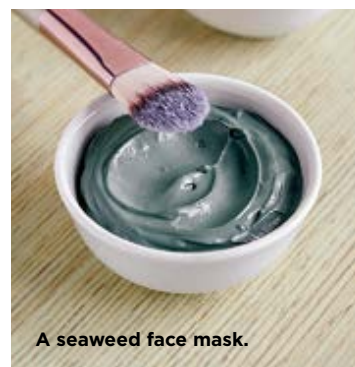
Necessary skills for everyday practice (grocery shopping, processing grief), and a big component of healthy-living programs offered at many wellness resorts.

TRY IT: The three-day VeraVia wellness retreats at the 327-room **Park Hyatt Aviara Resort, Golf Club & Spa** in Carlsbad, California, cover fitness, weight loss, nutrition, and spiritual healing; therapists also offer post-trip coaching. • Multiday programs at Miami's 110-room **Pritikin Longevity Center + Spa** incorporate medical consultations, healthy aging classes, and programs that address stress, sleep issues, emotional eating, and more.

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Kelp

A variety of seaweed that has long been a staple in traditional medicine. It's increasingly showing up in hydrating, antioxidant, and vitamin-rich spa treatments.



A seaweed face mask.

TRY IT: Fittingly, the Canyon Ranch spas aboard **Regent Seven Seas Cruises** ships offer an array of massages, bodywork, and facials using hydrating, seaweed-based products. • In Cabo San Lucas, Mexico, the 115-room **Resort at Pedregal** brings the ocean inside the spa by using hand-harvested seaweed extracts in its scrubs, wraps, and masks.



Meet with medical professionals at Pritikin Longevity Center + Spa.



After investigating their own nutrigenetics, guests of Canyon Ranch can explore nearby nature trails.

X (and Y) Chromosome Testing

The use of DNA testing to examine a person’s genes and prescribe custom fitness and nutrition regimes.

TRY IT: Guests of the 49-room **Rancho Valencia Resort & Spa** in Southern California receive epigenetic advice on fitness, detoxing, sleep, relationships, and balance – all based on results of genetic testing. • In Massachusetts, the 126-room **Canyon Ranch, Lenox** (part of the Canyon Ranch Wellness Resorts brand) offers guests access to tests of their personal nutrigenetics – the interaction between genes and nutrients – which can influence appetite, satiety, and meal timing.

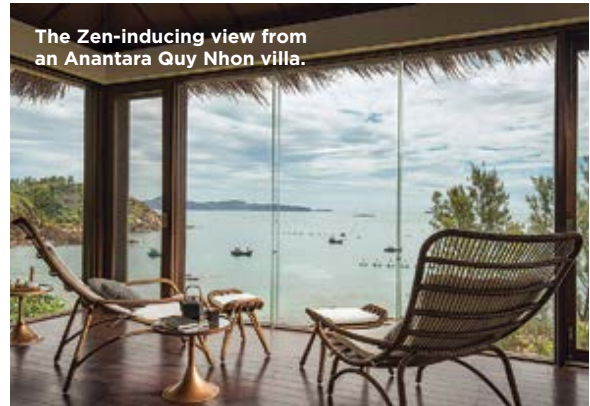
Yoga Iterations

Traditional yoga remains popular, but varieties of the ancient Hindu discipline are evolving as creative practitioners find diverting ways for students to take part.

TRY IT: The 540-room **Fairmont Orchid, Hawaii Island** offers flo-yo – floating yoga practiced on a stand-up paddleboard. It combines a total body workout with mind-body balance. • In the Dominican Republic, the 60-room **Eden Roc at Cap Cana** offers antigravity yoga, a practice that uses suspended silk hammocks to help realign the body.



A yoga studio at Eden Roc.



The Zen-inducing view from an Anantara Quy Nhon villa.

Zen Goals

Zen Buddhism directs adherents to meditate on being in the present for enlightenment, a practice being nurtured at many spas that encourage guests to tune in.

TRY IT: The Blue Mindfulness beach hike at California’s 400-room **Monarch Beach Resort** takes guests on an inner journey encouraged by the rhythm of the Pacific Ocean’s waves. • In serene southern Vietnam, the Anantara Spa at the 26-room **Anantara Quy Nhon Villas** offers private meditation sessions with a local monk.